

January

Living healthy can decrease your risk for many illnesses and increase your emotional wellness. Call 800-634-6433 or visit mylifematters.com (password SOWI) for ideas on how to improve your wellbeing.

LifeMatters can help you manage stress and improve your personal resiliency. Call 800-634-6433 or visit mylifematters.com (password SOWI) for ideas and support.

Do you need to find a child or elder care provider? Going on vacation and need a pet sitter? Call 800-634-6433 or visit mylifematters.com (password SOWI) for assistance with locating resources that make your life more manageable.

February

LifeMatters offers financial consultation for many issues, including setting up a budget, reviewing your credit report, and assistance with managing debt. Call 800-634-6433 or visit mylifematters.com (password SOWI) to get started today!

LifeMatters can provide assistance with stress, parenting or relationship problems, conflicts with co-workers, and many other issues. For confidential assistance, call 800-634-6433 or visit mylifematters.com (password SOWI).

Are you thinking about remodeling your kitchen? Call 800-634-6433 or visit mylifematters.com (password SOWI) for contractor referrals.

March

LifeMatters offers legal consultation with an attorney, either over the phone or face-to-face, for consumer law, traffic citations and fender benders, family law, or estate planning. For assistance, call 800-634-6433 or visit mylifematters.com (password SOWI).

If conflict in a work or personal relationship is causing you stress, LifeMatters can help. Call 800-634-6433 or visit mylifematters.com (password SOWI) for ideas on how to work out disagreements in a respectful way.

What will your kids do this summer? LifeMatters provides referrals for day or overnight camps. Call 800-634-6433 or visit mylifematters.com (password SOWI) to find fun experiences for your child.

April

If drugs or alcohol are having an impact on your own or a loved one's life, LifeMatters can help. Call 800-634-6433 or visit mylifematters.com (password SOWI).

Identity theft affects millions of people every year. Call LifeMatters at 800-634-6433 or visit mylifematters.com (password SOWI) to learn how to protect yourself or receive help with an incident.

LifeMatters will help you make quick work of your "to do" list by finding contractors, pet sitters, specialty stores, and so much more. Call 800-634-6433 or visit mylifematters.com (password SOWI) for 24/7/365 assistance.

May

If you have too many commitments and too little time, LifeMatters can help. Call 800-634-6433 or visit mylifematters.com (password SOWI) for suggestions on how to manage your time more effectively.

LifeMatters can provide suggestions on how to stay active and engaged at any age. Call 800-634-6433 or visit mylifematters.com (password SOWI).

Are your vacation plans so complicated that you wish you were staying home? Call 800-634-6433 or visit mylifematters.com (password SOWI) to find travel agents, vacation properties, airlines, hotels, and tour guides.

June

If your life feels overwhelming and you don't know what to do, LifeMatters can help. Call 800-634-6433 or visit mylifematters.com (password SOWI).

Volunteering doesn't just help your community — it also helps you! For ideas on where you could use your time and talent to help others, call 800-634-6433 or visit mylifematters.com (password SOWI).

Do your elderly parents need assistance with housework, yard work, errands, or meal planning? Call 800-634-6433 or visit mylifematters.com (password SOWI) to find assistance for your parents.

July

Whether you have a mental health issue or you're supporting a friend or loved one who is struggling, LifeMatters can help. Call 800-634-6433 or visit mylifematters.com (password SOWI).

Change can affect your wellbeing. For assistance with managing change, call 800-634-6433 or visit mylifematters.com (password SOWI).

Is your daycare provider closing up shop? Don't panic — LifeMatters can help. Call 800-634-6433 or visit mylifematters.com (password SOWI).

August

Does "playtime" at your house often turn into "fight time"? Call 800-634-6433 or visit mylifematters.com (password SOWI) for ideas on how to get sibling rivalry to simmer down.

LifeMatters can provide suggestions on how to create a more manageable schedule. Call 800-634-6433 or visit mylifematters.com (password SOWI).

Are you moving to a new area? Call LifeMatters at 800-634-6433 or visit mylifematters.com (password SOWI) for help with locating housing and schools.

September

If your child is having difficulty adjusting to a new school year, LifeMatters can help. Call 800-634-6433 or visit mylifematters.com (password SOWI).

LifeMatters can provide support and assistance during your own or a loved one's recovery from substance abuse. Call 800-634-6433 or visit mylifematters.com (password SOWI).

Is it time for your grandmother to stop living on her own? Call 800-634-6433 or visit mylifematters.com (password SOWI) to find assisted living facilities that offer social activities, housekeeping, and meals.

October

Recognizing depression is the key to managing its effects on your life. Call 800-634-6433 or visit mylifematters.com (password SOWI) for caring, compassionate assistance.

LifeMatters can provide suggestions on how to instill healthy habits in your child. Call 800-634-6433 or visit mylifematters.com (password SOWI).

Do you need reliable child care near your home? Call 800-634-6433 or visit mylifematters.com (password SOWI) to locate providers that fit your needs.

November

For simple suggestions on how to make healthy choices, call LifeMatters at 800-634-6433 or visit mylifematters.com (password SOWI).

The financial decisions you made five years ago may not make sense now. For help with planning a budget that meets your current needs, call LifeMatters at 800-634-6433 or visit mylifematters.com (password SOWI).

Get help with child, elder, or pet care and education resources through your LifeMatters benefit. Call 800-634-6433 or visit mylifematters.com (password SOWI).

December

LifeMatters is available to provide assistance with managing holiday stress. Call 800-634-6433 or visit mylifematters.com (password SOWI).

Are family conflicts putting your happy holiday at risk? Call LifeMatters at 800-634-6433 or visit mylifematters.com (password SOWI) for ideas on how to get through a stressful family gathering.

Leaky pipes? Drafty windows? LifeMatters can provide referrals to reputable contractors in your area. Call 800-634-6433 or visit mylifematters.com (password SOWI).